HENDERSON
LIBRARIES

This kit includes:
Journal
Pen
Highlighter
Booklet with Prompts
questions from the Shine App

DID YOU ENJOY JOURNALING?
READY TO MAKE THIS PART OF A DAILY WELLNESS PRACTICE?
SCAN THE QR CODE ABOVE FOR 200 MORE JOURNAL PROMPTS.

Journey
Back

Through
Journaling

# 30 Days of Self Discovery

EXPLORE THESE PROMPTS, EITHER BY NUMBER OR AS THEY CALL TO YOU. WRITE A PAGE OR SO EACH DAY FOR THE NEXT 30 DAYS. REVISIT YOUR ANSWERS ON DAY 31 TO HIGHLIGHT YOUR FAVORITE PARTS.

1. How do you recharge?

2. What can you do today that you didn't think you could do a year ago?

3. What makes you feel powerful?

4. How do you advocate for yourself?

5. How do you share your feelings with the people who care about you?

6. How can you celebrate yourself today?

7. What helps you slow down and feel more present?

8. How do you set and protect your boundaries?

9. What new opportunities have come out of challenges you've faced?

10. What makes you feel calm?

11. What does your situational best look like?

12. How do you put yourself first without feeling guilty?

13. How do you embrace your authentic self, even if it looks different from what others expect?

14. What makes you feel in control?

15. How do you set boundaries and avoid absorbing someone else's emotions and stress?

16. How do you encourage yourself when you're trying something new?

17. How do you stay focused and steer clear of distractions?

18. Do you trust yourself to make big decisions?

19. How do you remind yourself that you're enough?

20. How do you practice self-acceptance?

**21.** How do you forgive yourself when you make a mistake?

**22.** How do you savor the time you get alone?

How do you swap envy for joy when other people accomplish things?

**23.**

**24.** How do you ask for help or support when you need it?

**25.** How do you make the time you spend with people more intentional?

**26.** How do you practice self-love and self-kindness?

**27.** How can you step outside your comfort zone to grow?

**28.** How do you notice when you're nearing burnout?

**29.** How do you shift your mindset if it isn't working for you?

**30.** How do you calm your nerves in a difficult situation?